

activities



Let's make some neat food with bread



Design, write, edit and promote a recipe book with ideas for low-fat food you can make with or put on bread. Make up an original name for your book such as "Less of a fat chance with bread". Design the cover of the book and the flyer to promote your book in bookshops.



Find different recipes in cook books that contain either left-over bread or breadcrumbs. Ask the recipient/s of your meal to choose the recipes they like the best and cook a meal using these recipes. If you need help in the kitchen don't forget to ask an adult. Ask the recipient/s to rate each recipe out of 3 -

- 1 Terrible
- 2 Okay
- 3 Delicious.



Make a bowl to eat

This is a great idea when you need a bowl to serve soup in! After you have had your soup and eaten your bowl - compare this experience with times when you had soup in normal bowls. Would you have soup in an edible bowl again?

Ingredients

340 grams Flour	115 grams Bran
1 teaspoon Salt	15 grams Fresh yeast
1 cup Water (approximately)	

Sift flour into a bowl, add salt and bran. Make a well in the centre of the dry ingredients and add crumbled yeast and half a cup of warm water. Sprinkle some flour on the top and leave in a warm place until frothy. When mixing, add enough water to get a soft dough. Knead for 10 minutes. Prepare the dough for rising by brushing the surface with a little oil, and covering it with a damp tea towel. Place the covered dough in a warm place until doubled in size. Punch down the dough and knead again. Divide into balls. Roll out and spread over the outside of oiled stainless steel bowls. Allow to rise for 10 minutes and bake at 180°C (350°F) for 10 minutes. Unmould and bake an extra 5 minutes upright. To heat the bowls for serving, place in a hot oven for two or three minutes.

To make interesting textures add sesame/poppy seeds, oats, or wholemeal flour to the dry ingredients.



Have a competition with your friends and have luncheon parties.

Do things like... who can make the most interestingly shaped sandwiches with the most colourful fillings or who can make the best pudding using bread?

Ask a knowledgeable person to judge the sandwiches or bread puddings. He/she can give ratings out of 10 for taste, eye appeal, presentation and overall impression.

Display your final product with its recipe and photographs of the stages you went through. Have a luncheon party at school and try everybody else's creations.



Make sandwiches like the French using a "pain de mie" method, a bread baked in a loaf pan. You will need a loaf pan that is rather long and thin with a lid but you can make do with a bread tin and a very heavy greased oven tray as a lid.

The lid will prevent the dough from rising too much and will make the crumb more dense. Make the recipe from the 'Bread Recipe' Information Sheet. At step 5 fill the pan one-third full. You can use the rest of the dough to bake other goodies. At step 7 bake for 5 to 10 minutes longer than you would for an uncovered loaf. If need be, the bread can be browned by taking it out of the pan and placing it in the oven for 5 to 10 minutes.



Edible Bread Garnishes

Sculpture your own edible bread garnishes. You will need a day old loaf of bread (unsliced), a sharp knife and scissors. Cut the crusts off and quarter the bread. Sculpture each piece into a simple object such as balls, love hearts, stars or apples. If you want to get adventurous first design your sculpture on paper showing how you will shape and detail your garnish and what instruments you will need to do this. Sculpture objects like roses, leaves, strawberries, mushrooms or something to fit the occasion such as a Christmas tree or Easter eggs. Make sure you find out what people think about your sculptures, so that, you can make improvements next time.



Do you find two slices of bread with filling between them boring? Invent a sandwich with as many slices of bread as you can. To get you started here is an idea...

You will need a slice of white bread and a slice of wholemeal, and a yummy sticky spread such as egg and low-fat mayonnaise or low-fat yoghurt and grated cheese.

Cut bread slices in half. To assemble lay down the two wholemeal halves vertically in front of you, then lay the white slices horizontally across the wholemeal. Tuck the top left hand corner of the halved white slice under the wholemeal and the bottom right hand corner of the other halved white slice under the second wholemeal slice. Spoon your sticky spread under each corner flap so they do not move. Garnish the top of your sandwich with a low-fat topping such as chicken, cucumber, and/or cottage cheese.

